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Nutrition Education Program

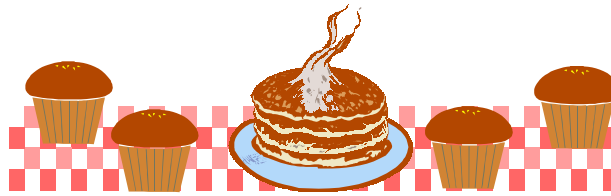
QUICK BREADS



Utah State
UNIVERSITY
EXTENSION

Department of
Workforce Services





QUICK BREADS

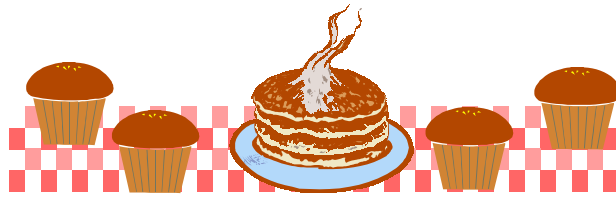
Quick breads is a term for many breads which mix easily and bake quickly and are made without yeast. They are very different from yeast breads in flavor, texture, and keeping qualities. Quick breads are a popular addition to breakfast and lunch menus. Included in the quick bread group are pancakes, waffles, muffins, biscuits, coffee cakes, and nut and fruit breads.

Things to Know

- ◆ Quick breads are a part of the grain group in the Food Guide Pyramid.
- ◆ A diet should include 6-11 servings from the grain group every day.
- ◆ One serving refers to one whole item such as one muffin, one biscuit, one pancake or one slice of fruit bread.
- ◆ Quick breads are leavened (made light) with baking powder or soda and contain the same basic ingredients only in different proportions.
- ◆ Pancakes are examples of a quick bread that could be included in a diet daily. A "sometimes" choice would include biscuits and muffins. A choice to eat only occasionally would be waffles and cornbread because of the added fat.
- ◆ Quick breads can be made from a standard recipe or from a mix made ahead of time.
- ◆ Making your own baking mix can:
 - Save time**-Busy homemakers can combine the dry ingredients and fat at one time for several bakings. Clean up time is shortened because you use fewer utensils for the recipes.
 - Save money**-Mix made at home is much cheaper than one bought at the store.
 - Ease of preparation**-Even children will find baking with a mix fun and simple. Quick snacks can be prepared with minimum effort for after school munching.
- ◆ Follow this easy recipe to make your own baking mix:
 - Baking Mix**

9 cups all-purpose flour	1 3/4 cups vegetable shortening
1 cup plus 2 Tbs. nonfat dry milk	1/3 cup double acting baking powder
4 tsp. salt	

Stir baking powder, dry milk and salt into the flour. Stir all dry ingredients together until well mixed. Cut fat into flour mixture until all particles of fat are thoroughly coated and mixture resembles coarse cornmeal. This can be done with a pastry blender, fork, or an electric mixer.



Storage

- ◆ Store in a tightly covered container, at room temperature for up to six weeks.
- ◆ Mix may be pre-measured into specific amounts, stored in plastic bags and be ready for making your favorite recipe.

Skills

◆ How to make pancakes:

1. Add the liquid all at once to the proper amount of mix. Stir just until moistened. The lumps will come out in the baking to produce light tender pancakes.
2. Grease the griddle lightly with shortening and heat slowly. Sprinkle a few drops of water on the griddle. If they bounce before evaporating, the griddle is hot enough.
3. Pour the batter for each pancake onto the griddle all at once using a small pitcher or measuring cup.
4. It is time to turn the pancake when tiny bubbles appear on top and the edges look cooked.

◆ How to make muffins:

1. Don't overstir the batter. Extra stirring causes toughness and large tunnels in the muffins. Stir just until the dry ingredients are moistened.
2. Use shiny pans. These will give a more delicate brown to the muffins.
3. Grease the bottoms of the muffin cup only. This will help to make the muffin a better shape.
4. Fill the muffin cups $\frac{2}{3}$ full. This allows for rising.
5. A standard muffin is about $2\frac{1}{2}$ " in diameter. Decrease the heat if making smaller sized muffins.

◆ How to make biscuits:

1. Mix dry ingredients and liquid until a soft dough is formed.
2. Dough is kneaded for about one to two minutes. Don't over knead. Too much kneading makes biscuits tough.
3. Roll dough to $\frac{1}{2}$ " thickness.
4. Cut with a biscuit cutter or glass turned upside down. Push the cutter straight down. Press firmly and do not twist to make this a more even biscuit.



Pancakes

Ingredients:

2 cups Baking Mix

1 egg

1 tsp. sugar

1 cup water

Directions:

Add sugar to Baking Mix. Beat egg slightly and combine with water. Add liquid to dry ingredients and stir about 25 strokes (batter will not be smooth). Bake cakes on a pre-heated griddle. Turn when bubbles appear on the surface of the pancakes and edges appear dry. This recipe may be used for waffles. More liquid may be added for a thinner batter.

YIELD: About 16 four-inch cakes or 4 small waffles.

BLUEBERRY PANCAKES: Add 1/2 cup fresh or frozen blueberries to batter. Canned blueberries must be well drained. The blueberry juice may be used in making a syrup for the cakes or waffles.

Pancakes Nutrition Facts			
Serving Size		1 whole	
Servings Per Container		8	
Amount per serving			
Calories	167	Calories from Fat	66
% Daily Value			
Total Fat	13g		11%
Saturated Fat	5g		9%
Cholesterol	30 mg		10%
Sodium	660 mg		25%
Total Carbohydrate	5g		7%
Dietary Fiber	0g		3%
Sugars	5g		
Protein	5g		
Vitamin A	1%	Vitamin C	0%
Calcium	25%	Iron	9%



Muffins

Ingredients:

2 cups Baking Mix
4 tsp. sugar

1 egg
2/3 cup water

Directions:

Stir sugar into Baking Mix. Beat egg and add to liquid. Add liquids to dry ingredients. Stir about 15 strokes or just enough to blend. Bake in well-greased muffin pans in hot oven (400°F) for about 20 minutes.

YIELD: 12 medium muffins.

Variations:

APPLE MUFFINS: Add 3/4 cup finely-diced peeled apples, 1/16 tsp. cinnamon and a dash of nutmeg to mix. If apples are very tart, sugar may be increased to 2 Tbsp.

BLUEBERRY MUFFINS: Add 1/2 cup canned or fresh blueberries to plain muffin batter. Canned blueberries should be drained and rinsed before using.

Muffins Nutrition Facts			
Serving Size		1 whole	
Servings Per Container		12	
Amount per serving			
Calories 115		Calories from Fat	44
% Daily Value			
Total Fat 13g		8%	
Saturated Fat 5g		6%	
Cholesterol 30 mg		7%	
Sodium 660 mg		12%	
Total Carbohydrate 5g		5%	
Dietary Fiber 0g		2%	
Sugars 5g			
Protein 5g			
Vitamin A	1%	Vitamin C	0%
Calcium	10%	Iron	5%



Basic Biscuits

Ingredients:

2 cups Baking Mix

2/3 cup milk

Directions:

Heat oven to 450°F. Add milk to Baking Mix all at once; stir with fork into a soft dough. Beat dough vigorously 20 strokes, until stiff and slightly sticky. Roll dough around on cloth-covered board lightly dusted with flour to prevent sticking. Knead gently 8-10 times to smooth up dough. Roll $\frac{1}{2}$ inch thick. Dip cutter in flour; cut biscuits. Bake on ungreased shiny baking sheet 10-15 minutes.

Yield: 12 biscuits.

DROP BISCUITS: Increase liquid in basic recipe to 2/3 cup. No kneading or rolling is required. Drop by spoonfuls onto greased baking sheet, or into well-greased muffin pans.

Basic Biscuits Nutrition Facts			
Serving Size		1 whole	
Servings Per Container		12	
Amount per serving			
Calories	96	Calories from Fat	40
		% Daily Value	
Total Fat	13g	7%	
Saturated Fat	5g	5%	
Cholesterol	30 mg	0%	
Sodium	660 mg	12%	
Total Carbohydrate	5g	4%	
Dietary Fiber	0g	2%	
Sugars	5g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	9%	Iron	4%



Coffee Cake

Ingredients:

2 cups Baking Mix

1/3 cup sugar

1 egg

1/2 cup water

Directions:

Stir sugar into Baking Mix. Beat egg and add to liquid. Add liquid to Baking Mix. Stir until ingredients are thoroughly blended (about 25 strokes). Do not beat. Spread half of batter in greased pan (8" x 8" x 2"). Sprinkle one-half of topping evenly over batter. Spread remaining batter in pan and cover with the rest of the topping. Bake in moderate oven (375° F) for about 20 minutes.

Topping

1/4 cup white sugar*

1/4 cup brown sugar*

1 tsp. cinnamon

3 Tbsp. butter or margarine

Combine the dry ingredients. Cut fat into dry ingredients with pastry blender. Use half of mixture in center of coffee cake and the rest on top, or all may be used on top.

*All brown or all white sugar may be used.

Coffee Cake Nutrition Facts			
Serving Size		3” Square	
Servings Per Container		9	
Amount per serving			
Calories 166		Calories from Fat 59	
% Daily Value			
Total Fat 13g		10%	
Saturated Fat 5g		8%	
Cholesterol 30 mg		9%	
Sodium 660 mg		16%	
Total Carbohydrate 5g		8%	
Dietary Fiber 0g		2%	
Sugars 5g			
Protein 5g			
Vitamin A	1%	Vitamin C	0%
Calcium	13%	Iron	6%



Cornbread

Ingredients:

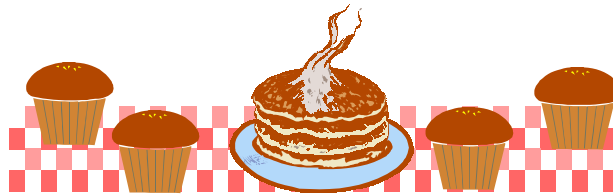
1 1/3 cups Baking Mix
 1/4 cup sugar
 1 cup yellow cornmeal
 2 eggs
 1 cup water

Directions:

Preheat oven to 425°. Grease 9 x 9 x 2 inch pan. Add eggs and water. Stir until mixed (do not overstir). Pour into greased pan. Bake for 20-25 minutes. Cut into nine 3" x 3" pieces.

Yield: 9 servings

Cornbread Nutrition Facts			
Serving Size		3 x 3	
Servings Per Container		9	
Amount per serving			
Calories	208	Calories from Fat	76
% Daily Value			
Total Fat	13g	13%	
Saturated Fat	5g	8%	
Cholesterol	30 mg	19%	
Sodium	660 mg	9%	
Total Carbohydrate	5g	9%	
Dietary Fiber	0g	7%	
Sugars	5g		
Protein	5g		
Vitamin A	4%	Vitamin C	0%
Calcium	10%	Iron	8%



Hamburger Roll Ups

Ingredients:

Filling:

1 lb. ground beef
2 tsp. sage
1/4 cup catsup

Dough:

2 cups Baking Mix
1/2 cup water

Gravy:

1/2cup flour
2 Tbsp. oil
4-5 cups milk

Directions:

Brown ground beef. Drain well. Stir in sage and ketchup until meat is well coated. Mix dough ingredients together to form a soft dough. Knead a few minutes and roll out to 1/4" thick on lightly floured board. Spread meat evenly over dough holding back 3 Tbsp. of meat in pan. Roll dough up like cinnamon rolls and seal edges by pinching together. Slice 1/2 - 3/4 inch thick and place on ungreased cookie sheet cut side up. Bake at 450° for 12 to 15 minutes or until golden brown.

For gravy, add oil to meat and warm over medium heat. Stir in flour until meat is well coated. Stirring constantly. Pour in milk and continue stirring until gravy thickens. Serve over hamburger rolls.

Hamburger Roll Ups Nutrition Facts			
Serving Size		4" Round	
Servings Per Container		6	
Amount per serving			
Calories 566		Calories from Fat 279	
		% Daily Value	
Total Fat	13g		48%
Saturated Fat	5g		50%
Cholesterol	30 mg		24%
Sodium	660 mg		33%
Total Carbohydrate	5g		14%
Dietary Fiber	0g		5%
Sugars	5g		
Protein	5g		
Vitamin A	9%	Vitamin C	6%
Calcium	40%	Iron	22%